

WHAT IS CLAIMED IS:

1 1. A sleep-aiding device for reducing leg muscle cramping during sleep comprising:
 2 a belt member being worn at a wearer's waist in use during sleep;
 3 a first leg member being worn in use during sleep, with an upper end portion attached
 4 at said belt member and a lower end portion attached at a lower portion of a wearer's first
 5 leg, below the wearer's knee ; and
 6 a second leg member being worn in use during sleep, with an upper end portion
 7 attached at said belt member and a lower end portion attached at a lower portion of a
 8 wearer's second leg, below the wearer's knee;
 9 said first leg member being adjustable to a predetermined length between attachment
 10 at said belt member and attachment at the lower portion of the wearer's first leg and said
 11 second leg member being adjustable to a predetermined length between attachment at said
 12 belt member and attachment at the lower portion of the wearer's second leg, said
 13 predetermined length of said first leg member and said predetermined length of said second
 14 leg member being selected to restrict stretching of the wearer's legs to full extension during
 15 sleep.

1 2. The sleep-aiding device of claim 1, wherein said upper end portion of said first leg
 2 member is attached at said belt portion by an upper loop formed over said belt member, and
 3 said upper end portion of said second leg member is attached at said belt portion by an upper
 4 loop formed over said belt member.

1 3. The sleep-aiding device of claim 1, wherein said lower end portion of said first leg
 2 member defines a lower loop for receiving a wearer's first foot therethrough, and said lower,
 3 end portion of said second leg member defines a lower loop for receiving a wearer's second
 4 foot therethrough.

1 4. The sleep-aiding device of claim 3, wherein said lower loop of said first leg
 2 member in use during sleep encircles the wearer's first foot and said lower loop of said
 3 second leg member in use during sleep encircles the wearer's second foot.

1 5. The sleep-aiding device of claim 4, wherein said lower loop of said first leg
2 member defines a circumference adjustable to engage snugly about the wearer's first foot
3 and said lower loop of said second leg member defines a circumference adjustable to engage
4 snugly about the wearer's second foot.

1 6. The sleep-aiding device of claim 5, wherein said lower end portion of said first leg
2 member terminates in a bottom end loop engaged about said first leg member for sliding
3 positioning therealong for adjustment of the circumference of said lower loop of said first leg
4 member, and said lower end portion of said second leg member terminates in a bottom end
5 loop engaged about said second leg member for sliding positioning therealong for adjustment
6 of the circumference of said lower loop of said second leg member.

1 7. The sleep-aiding device of claim 6, further comprising a first fastener for releasable
2 securement of said bottom end loop of said first leg member along said first leg member and
3 a second fastener for releasable securement of said bottom end loop of said second leg
4 member along said second leg member.

1 8. The sleep-aiding device of claim 7, wherein said first fastener and said second
2 fastener each comprises cooperative elements of hook-and-loop-type fasteners.

1 9. The sleep-aiding device of claim 8, further comprising cantilevered tabs disposed
2 adjacent one or more of said hook-and-loop-type fasteners for facilitating adjustment.

1 10. The sleep-aiding device of claim 1, wherein said belt member encircles the
2 wearer's waist in use during sleep.

1 11. The sleep-aiding device of claim 10, wherein the belt member has an effective
2 length adjustable to accommodate attachment about wearers of different waist dimensions.

1 12. The sleep-aiding device of claim 11, wherein said belt member defines a first end
2 portion and an opposite second end portion and comprises a belt releasable fastener for
3 adjustably joining said first end portion and said second end portion.

1 13. The sleep-aiding device of claim 12, wherein said belt releasable fastener
2 comprises cooperative hook-and-loop type fastener elements for varying the effective length
3 of said belt member.

1 14. The sleep-aiding device of claim 1, wherein each of said first leg member and
2 said second leg member comprises a releasable fasteners for adjustment of said
3 predetermined length of each of said first leg member and said second leg member.

1 15. The sleep-aiding device of claim 14, wherein each said releasable fastener
2 comprises cooperative hook-and-loop type fastener elements for varying said predetermined
3 length.

1 16. The sleep-aiding device of claim 1, wherein:
2 said first leg member comprises a first strap member having an upper end attached to
3 the belt member and an opposite lower end attached to a lower end portion, said lower end
4 portion terminating in a first loop attached in use during sleep to a wearer's first leg, below
5 the wearer's knee; and
6 said second leg member comprises a second strap portion having an upper end
7 attached to the belt member and an opposite lower end attached to a lower end portion, said
8 lower end portion terminating in a second loop attached in use during sleep to a wearer's
9 second leg, below the wearer's knee.

1 17. The sleep-aiding device of claim 16, wherein each of said first loop and said
2 second loop encircles the wearer's associated lower leg in use during sleep.

1 18. The sleep-aiding device of claim 16, wherein each of said first leg member and
2 said second leg member comprises a releasable fastener for attachment of said first loop and
3 said second loop about each of the wearer's lower legs.

1 19. The sleep-aiding device of claim 18, wherein each of said first loop and said
2 second loop is adjustable to accommodate attachment to wearers of different lower leg
3 dimensions.

1 20. The sleep-aiding device of claim 18, wherein each of said releasable fasteners
2 comprises cooperative hook-and-loop type fastener elements.